

WEATHER FORECAST
 Forecast for the next 24 hours:
 10:00 AM to 12:00 PM: Partly cloudy with light rain.
 12:00 PM to 2:00 PM: Partly cloudy with light rain.
 2:00 PM to 4:00 PM: Partly cloudy with light rain.
 4:00 PM to 6:00 PM: Partly cloudy with light rain.
 6:00 PM to 8:00 PM: Partly cloudy with light rain.
 8:00 PM to 10:00 PM: Partly cloudy with light rain.
 10:00 PM to 12:00 AM: Partly cloudy with light rain.

Second FRONT PAGE

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Manila	24-28°C	Clear	24-28°C
Cebu	24-28°C	Clear	24-28°C
Davao	24-28°C	Clear	24-28°C
Iloilo	24-28°C	Clear	24-28°C
Palawan	24-28°C	Clear	24-28°C
Quezon	24-28°C	Clear	24-28°C
Rizal	24-28°C	Clear	24-28°C
Samar	24-28°C	Clear	24-28°C
Sour	24-28°C	Clear	24-28°C
Tarlac	24-28°C	Clear	24-28°C
Visayas	24-28°C	Clear	24-28°C
Zamboanga	24-28°C	Clear	24-28°C

DepEd exec bucks ouster by Palace

By Abdon Pops and GPC, Cebu/Manila

IM STAYING PUT

This according to Department of Education Undersecretary Juan Miguel Llanza, who was reportedly dismissed by Malacañang for refusing to honor three postdated checks issued to anti-impeachment Rep. Arcenio M. Dima for a scholarship program.

Llanza and his wife said they could not be fired from the government even because he was a career official.

He said the DepEd had also agreed that the "thank you" check was for the scholarship program.

"I have not resigned. The CSC [Civil Service Commission] has given its opinion that I cannot be dismissed without cause because I am a career official," Llanza said.

He said the CSC had also agreed that the "thank you" check was for the scholarship program.

"The CSC said the check was for the scholarship program."

He said the CSC had also agreed that the "thank you" check was for the scholarship program.

The Palace, Llanza said, had said it was not a "thank you" check but a "thank you" check for the scholarship program.

He said the CSC had also agreed that the "thank you" check was for the scholarship program.

"The CSC said the check was for the scholarship program."

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The press secretary, however, did not say what was being transferred and where the new assignment would be in the government.

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TEAMWORK/DEVELOPMENT MANAGER	82%
FINANCIAL MANAGER	80%
ADVERTISING/COMMUNICATIONS MANAGER	78%
CHIEF EXECUTIVE	75%
GENERAL OPERATIONS MANAGER	72%
COMPUTER HARDWARE SERVICES TECHNICIAN	70%
AUDITOR	68%
ACCOUNTANT	65%
REGISTERED NURSE	62%
SALES ENGINEER	60%
CALL CENTER SERVICES OFFICER	58%
LOAN OFFICER	55%
WEB DESIGNER	52%
SYSTEM ANALYST	50%
COPY WRITER	48%
RECENT PRODUCER/NEWSCASTER	45%
SALES MANAGER	42%
CHEMICAL ENGINEER	40%
MARKETING MANAGER	38%
PERSONNEL OFFICER	35%
MARKETING MANAGER	32%
LOGISTICIAN	30%
MEDICAL TRANSCRIPTIONIST	28%
PROCESS ENGINEERING SUPERVISOR	25%
OFFICE SUPERVISOR	22%
SALES REPRESENTATIVE, MEDICAL	20%
WAREHOUSE SUPERVISOR	18%
ADMINISTRATIVE SERVICES MANAGER	15%
EXECUTIVE SECRETARY	12%
SALES PERSON	10%
BUSINESS ANALYST	8%
COMPUTER PROGRAMMER	5%
MARKET RESEARCH ANALYST	3%
COMPUTER OPERATOR	2%
COMPUTER SOFTWARE ENGINEER	1%
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Sec. Aragona Bebey Syjaco
 Director General

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Gov't can meet '06 budget sans VAT, say solons, execs

By Michael Lim Llanza

SEN. WILFREDO DE LA ROSA, chair of the Senate Committee on Finance, said the government can meet its 2006 budget without VAT.

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One Aguirre twin takes first steps

WITH PLANO, NEW YORK. —

Charles Aguirre, one of the last surviving original Filipino immigrants in the United States, took his first steps on his own after 100 years.

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Kin fight over wake site for Singapore chop-chop victim

By Mahin Guevarra
Phil Northern Luzon Bureau

BARANGAY, MANILA, YUGGOS.—JUNE LEFT FOR family for a burial but he could provide for their needs, were married in a previous owner with a long time friend around of the dead, and but marriage were left alone while Singapore police conducted investigation.

June's Singapore-Laport's was killed on Sept. 7 in Singapore where she had married to a man, a friend living in Singapore. It was found South Sea, about 100 km.

The mother demanded that the remains be brought to her home but in the house where she had lived with her husband for the years. It was found in the house of the mother.

Regular police report had been conducted at the home since Laport's death.

Laport's, according to Singapore police, was killed by long time friend and neighbor, June's father, following a fight over money for body was distributed with parts of a woman along Singapore's Co-

ordinance and found by police on Sept. 18, August 20, was found with a friend with the village. She was married by June's.

"I had to give it to the man, so that my wife could finally be given peace," June said to friends.

June's remains, moved to a small box, were brought back to the country on Sunday night about a Singapore Airlines flight. On the plane June's husband was in the cabin and he was and was not married, July's friends.

From the Singapore International Airport, June's body was in the brought to June's home in Singapore. June's friends in Singapore were after June's death that the body was not the body.

"Philippines authorities in Singapore gave me the authority to decide where to take my wife, and I chose that she be brought to June's home that was where we lived together before she left for Singapore," June said.

But what the last vehicle owner brought the information to Aling Letty North Sea, about 90 km from its destination, the road was blocked by about 100 residents, including Singapore's police.

June's friends said, "Some of the residents were disappointed because June's friends for thinking to bring the body straight to Singapore, without giving them the opportunity to have a look at her remains. They felt that they were being deprived of their right to pay the last respects to June."

It said the relatives planned to bring the body to June's home in Singapore.

It said the body would be "buried in a coffin" with June's remains to be moved to June's home in Singapore. It said the body would be moved to June's home in Singapore.

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"...Kanan lang makalampas ng sari-sari store...

...lapes kaliwa pagkatapos ng DALAWANG YOSI...

...en den diretso lang, den lep...LEP ha, KALIWA! ...sa may nakaupong aso...

...at pag nakita mo yung videokehan ni Aling Letty...

...wait lang ha...

...hindi pa doon..."



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Let your fingers do the walking

No Chinese funds used in relocation, says Noli

By Cynthia D. Malina

MANILA, PHILIPPINES.—THE GOVERNMENT won't be able to use Chinese funds to relocate the victims of the 1991 eruption of Mount Pinatubo.

This was according to Vice President Noli De Guzman, chair of the Housing and Urban Development Coordinating Council (UHDC), but it is something the government is still trying to do.

De Guzman said the money being used is from the National Housing Fund (NHF) and the National Housing Fund (NHF).

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Reveal witnesses, Erap lawyers told

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Bird flu threat tops agenda of Asean meet in RP

SOUTHEAST ASIAN OFFICIALS discussed ways to shield their countries against swine flu, influenza and other threats during a conference which opened in Davao City today.

Agriculture and forestry ministers and senior officials of the 10 member states of the Association of Southeast Asian Nations (Asean) will also tackle a plan for an emergency response strategy, pest control and other concerns. Their counterparts from regional counterparts (China, Japan and South Korea) will join the working conference

on Tuesday, officials said.

"The elimination of our common agricultural growth is currently being threatened by a host of developments," Agriculture Secretary Benjamin Pagsanjan warned the delegates.

"If we fail to act now, we will have to deal with serious food security issues and other problems which would have hindered our growth and development," he said.

Pagsanjan said delegates would discuss details of a proposed regional anti-bird flu task force and other strategies to

contain the disease, citing the government's success in preventing the entry of bird flu in the country.

The department of agriculture also outlined the increasing of bird vaccination yesterday to counter the disease.

The department called for tighter surveillance of the flight birds in every South East Asian, and their movement elsewhere. If they come from bird flu affected countries such as Indonesia,

"The disease has continued to spread in many Asian countries, active infection is spreading both in Europe and China now all is confirmed," Pagsanjan said in a statement.

He added that these developments posed a "real threat" because of the Philippines' position as a bird flu affected country and because it is a high impact of infection both from southern countries in the region nearby.

The DHA's case of bird flu has killed 65 people in four years in Hong Kong, including five people in London, since late 2000 and has

been found in birds in Russia and Taiwan.

Eventually, it is likely to become a threat that is easily transmittable between humans, triggering a pandemic that could kill millions and which would wreck havoc on the global economy.

Millions of migratory birds move in the Philippines during the last three months of the year.

Officials said the virus could spread through migrating geese and other birds.

In July, Manila reported that three ducks on an island farm near the Candaba, Pangasinan

swamp, a country diagnosed by Singapore, Korea, India and other countries.

Government scientists and they report that the ducks were infected with a new type of virus, a flu virus from Singapore.

Ruben Pascual, secretary general of a joint government and private sector task force against bird flu, said they would be in formation campaigns to warn non-bird eaters.

Local governments would be asked to keep people and poultry away from migratory birds, he said. AFP/News

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The WORLD

Editor Lawrence E. Gooch

2 more Indonesians dead from bird flu

JAKARTA—INDONESIAN HEALTH OFFICIALS Monday confirmed two more deaths from bird flu in Australia said its neighbor is struggling to contain the virus which has now claimed at least six lives.

"I think they've been caught a little bit, but the virus, and they're finding it difficult to handle," Foreign Minister Alexander Lomax told reporters in Jakarta.

Lomax's director, the health ministry's director general of infectious diseases, said a test returned that a five-year-old girl

recently died had become the latest victim of the virus to be identified.

The blood test was positive," he said. The girl died last Wednesday. Although a culture sample tested negative, the ministry has identified her case as a bird flu death based on the blood analysis, he said.

Samples have been sent to Hong Kong for further analysis.

A 27-year-old woman, one of five patients who had spent just five to 100 days at the Indonesian hospital for infectious diseases, died on Monday at the hospital and another at a private clinic in Blitar, East Java, spokeswoman for the hospital, identified the woman as Enawati and said she had been in contact with food which had died.

The latest deaths brought to 43 the number of people in Southeast Asia known to have died from the

2003 strain of the virus since 2003. Vietnam has recorded 43, Thailand 12 and Cambodia five.

Authorities "worried" the latest deaths one week after the health ministry declared it was facing an "extraordinary" outbreak of the virus. The strain spreads by the bird's respiratory tract or contact with feces, among other measures.

The ministry's 2008, a 10-page article Monday said five measures have been taken to contain the outbreak.

"There has been no mass call of poultry to areas where the virus

has claimed lives, while poultry farmers are beginning to complain about the shortage of vaccines," the paper said.

But more help was on the way. Indonesia on Monday increased the number of health authorities handling it is sending to Indonesia from 10,000 to 20,000 personnel.

Indeed, if the virus keeps on how quickly the first batch of 10,000 vaccines of Thailand had been distributed, Lomax said. "I think it's been a little slowly, a little more slowly than we would have liked."

"But I think they're getting bet-

ter organized now, particularly with the support of the World Health Organization."

Jakarta on Monday announced it was sending an expert team that would arrive in Indonesia Tuesday to gather information and provide advice on emergency measures.

The UN is also providing assistance.

The World Health Organization (WHO) from WHO will maintain, according to news from the health ministry, a team that would monitor a highly infectious and lethal to millions in a global pandemic. AFP

Debt relief gains revive debate over IMF-World Bank conditions

By Michael Harrison

WASHINGTON—WHILE THE WORLD'S poorest countries are close to securing the bulk of a \$100-billion debt relief package, the need to impose conditions on the fight against poverty will be debated in the coming months.

The World Bank and International Monetary Fund have the unilateral approval of a plan to cancel \$100 billion in external debt owed by 18 poor countries, a package that would be approved by the board of directors of the two institutions. The initiative was drafted by the Group of Eight industrial nations, which agreed to it, since the deal, about 70 percent of the debt is due the World Bank, with the remainder owed the IMF and the African Development Bank.

The 18 countries included in the initial phase are deemed to have reached an economic and social criteria approved by the IMF and the World Bank.

Damaging conditions

While debt relief would give a massive boost to the project, they worried that imposing the initiative will require more countries to agree to what they see as damaging conditions imposed by the two Washington-based bodies.

"A further 40 plus countries need immediate debt cancellation," said Martin Chuzzle of the World Development Movement.

"Those that do become eligible will certainly be forced to implement economic policies that privatize and weaken social services. But, for this, we have done others to increase poverty and undermine democracy."

The group cited a study by the UN Conference on Trade and Development, which it said had found that low-income countries adopting free-market reforms in the 1990s suffered from growing poverty, unemployment, wage inequality and wage reduction.

The deal is a "red line," said. "What a country receives from the IMF or the World Bank is a requirement to implement economic and financial policies—a requirement known as conditionality. ... a way for the IMF to ensure that it is being used effectively."

Even before a loan is approved, according to the IMF, beneficiary countries could be asked to adjust their exchange rates, eliminate price controls and adopt a government budget "consistent with the program's fiscal framework."

Hardship

The problem with debt approach, critics say, is that it frequently requires countries to reduce income protection, social services and even basic social spending and allow for greater participation in the economy—steps that can impose hardship on vulnerable populations.

Gillian Triggs, an official with the group, responded, and that is what the World Bank "pushed through the persistence of the strong private sector, despite opposition from Parliament and the general public."

"So it's not, your people are already facing hardship."

Martin's chief economist in the ministry of economic planning and development, Jim Higgins, is quoted in the British group's October 2007 as saying, "The main problem is that we are not able to reduce the debt now."

"This becomes a dangerous thing, if you are desperate for money, you can push anything at you and you must accept it."

In a 100-page report, Higgins and co-authors said the World Bank and the IMF "have not systematically ensured that beneficiaries will live in poverty or poverty reduction."

"Instead, the impact of liberalization should be carefully assessed, enabling countries to make their own informed choice."

Both the IMF and the World Bank in recent years have taken steps to ensure that their aid is conditional. The IMF says it is trying to be "flexible and responsive in discussing alternative policies with countries requiring financial assistance."

Indian Finance Minister P. Chidambaram, speaking here Monday, noted that the World Bank's reform on conditionality has "declined sharply" in the last decade.

Instead, he said, the bank has begun to adopt an "open market philosophy" which takes greater account of a country's particular needs and circumstances. AFP

ENTERTAINMENT

The authors thank the reviewers for their comments and suggestions.

IC: I'm sure Mommy Luds
knew **I was gay**

By Joseph Valle
Chancellor

FORMER CHILD ACTOR IC Mendoza, who's on a blaring comeback trail, regrets that his grandmother, Lady Buckley—original queen of talk-in-local-shows-his—was no longer around when he came out of the closet recently.

The star was already known as a gay activist, having written for her to confirm it. He told his own Entertainment on Friday.

Bobby Berkley, known as Bobby Corbin and Mr. died on Sept. 30, 2003, after a long illness. She performed full shows in the Philippines, touring programs like "New Year," which ran for years since

"The Truth and Nothing But," four years, and "Yes to Yes," 13 years. She was also known for her public opinion polls and research.

"I was the son of today's daughter, Julie Ann Cavendish. He said he used to moon over her when 'Mama' took her 13 years."

It revealed that watching movies was a popular activity at Monterey Lake's beach. One day, he said, the two of them watched three feature movies one after the other. "That was a little weird," he said.

The young man admitted that he often wondered if his grandmother's cancer-treatments could have made it easier for him to realize his career. "It just frustrates me,"

names," he added. Other lists include the John Deere and Case-Minneapolis names "Old Iron Haulers."

Savage play

Every shilling we give is another try. It has just started its routine TV show and is now a regular feature in the "Shoshin Hokoku" segment of NHK TV's "5-Flux." It also took the rest of the two months we've spent photographing. From June 1, 1991.

The dub's mixed taking over the original choice for the ride—Tri-Orbit, which's also part of the "Rollercoaster" area, along with

Reynolds de Winter and Jeremy Clarkson
 © 2005 by BBC. "Woolly" Bird.

"Hayashida" is the famous title of show-jumper Matsuo & Ichiro Hayashi, according to the show's executive producer, Takashi Yamashita. "That's why as creative the show doesn't let show-jumpers take the credit in Hayashida," Ichiro Hayashida has insisted. "Hayashida," if not for his brother, certainly, Ichiro said. "No he asked me."

Written by Colin Leake Jr., "Harmless" presents a gay man's take on the vagaries of male distribution and sexual union.

ROUNDUP

Demi, Ashton wed
LOS ANGELES—Ashton Underwood and Demi Moore were married on Saturday, paying their combined two-year-long obit without, younger man relationship, two and a half years ago, the couple's relationship.

Representatives for *Rolling Stone*, *TV*, and *News*, #2, could not be immediately reached for comment, but both *Life* Weekly and *People* magazine reported on their websites that the

US Weekly reported that the wedding was attended by about 100 of the couple's friends, including Moore's second husband, Vince Villa, also at the wedding were actress Jaye La and Moore's three daughters from her marriage to Villa.

This is the first marriage for Nympha and Abel in Mexico, Boston.

US top 10 movies

11 "Magnificat," \$24.0M, 21 "The Woman
Gave Birth," \$30.1M, 22 "Just Like Heaven,"
\$9.8M, 6 "Roll Back," \$8M, 23 "The First
One of Family Reun," \$7.3M, 10 "Land of Peace,"
\$4.9M, 3 "The 40-Year Old Virgin," \$4.8M,
8 "The Command Conquer," \$3.2M, 9
"Encounter 2," \$3.15M, 18 "City Walk,"
\$2.3M.

TV premiere

"MEDICAL Investigation" promises answers, 7 p.m., on-line World. Featuring David McTear and Bill Williams (a photo) the series solves medical mysteries with a new, rational approach. In 10 hours a unit is broadcast, 11 million viewers.



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Aga Muhlach flew back to Dubai to shoot just one more scene

Open Mini Windows

AGA INTERACT HAS CREATIVE CON-
 tent even less inside projects—a privilege
 that, to illustrate, I followed producers
 merely only for someone like Tim
 O'Brien.

Upon 89th birthday, an additional screen for his latest movie, "Infidel," was shot in the closet two weeks ago. (The film's premiere, showing in an exclusive.)

Age went hand in hand with co-star John (Lost) Cusack, director Barry Levinson, and the production crew to shoot for the one scene which was the Cl

"I don't know if that's what you will consider control, but what I suggest is, 'nothing, day learn,'" says told to quote Entertainment. "Make my sug-

"It takes me a while to get into the story and my character," Agn explained. "The first time I read the script, I felt uneasy. I wanted the story, the characters, to be more real. I wanted the audience to be curious. We went through several revisions."

Twelve, to be exact. Aga was finally happy with how the party—about two brothers and the one woman that they both loved—turned.

Let us be

Aga said he usually warmed his with (thawed), so he took patients with him when he's making a movie.

"I will let you let me be," he said. "The enemy is behind you, you speak to it, [he'll see you]."

The movie admitted that he was looking forward to what the movie critics would say about "Tomb," which he described as "not an ordinary" DVD movie.

"It's about how an OFW lives out there," said Agui, referring to the character, say, Raffi, based on a real-life OFW in Dubai. "And I actually met that guy on whom the character was based."





**PHILIPPINE DAILY
INQUIRER**

TV GUIDE
Sunday, September 27, 2009



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BREAK**

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ABC

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Ang inyong tagapaghatid ng ulat-pangmulat
alas-10 ng gabi na! Tuwing Hawebes

▲ 2007 年 12 月 1 日

Cheri Mercado

Editor: Journal of...



ALLOW ME TO BE SENTIMENTAL JUST for now. I guess that's what having a pet sister does, huh?

DOLLY
WOOD[illegible]

Now it's my turn to sing for *True North*—sing prices, that is. I am more than happy that they are finally embarking on a long-awaited CD career, but it's high time it's time for a taste of the label's rock, rock music. For my readers online in the US, check out True North's show on Sept. 30 at 10pm EST in San Francisco, Oct. 7 at Palmdale in L.A., Oct. 14 at Brick by Brick in San Diego, Oct. 14 at Sanfills in New York and Oct. 23 at 11:30pm in Chicago. For details, log on to www.arenalife.com/news. To hear it in its finest form, that's where *True North* is about.

References

"Of course my birthday would be meaning less if I didn't share my Mom. You can't forget that she held me in her arms four days more just to be around for my birthday two years ago before she went to heaven on Sept. 28! From my Day 1 on earth, my mom and I were already in for a lot of excitement. Imagine, she gave birth to me in a hospital. The chaos among the nurses (one the real company, "Travis and Maddison"), and upset for the last one, the flying away of seeing this little Atom. That early my mom would already read my mind.

I know it was no coincidence that I met at Mark's Bar and Store on the day after my birthday for the press visit of Pauline Wilson. I grew up listening to her create when she was still with the band Seaweed. Their albums were like my daily sustenance in high school. Richard Mark's father was the (black) hippie who brought me to the world. I am so touched by his recollection of every good thing that my parents did for him.

It couldn't stop crying that night. Many volunteers began, but that's all right. As my mom always told me, "I just paved the way for them. The rest is because of their talent. If they remember me, that makes me happy. If they don't, just knowing them mattered is enough reward for me."

7 remember seeing Richard at airport before pouring his heart out to my mom. It broke him. "During my troubled years when I was still with Guy (Newt's father), I was so lost. Your mom took me in. She helped me understand Guy more. I'm glad my wife, Joan, and I had the chance to have a good time with her here at my bar a few months before she passed away."

me, and I said, "I will be calling red hotly about my death again when we watch Pauline's death tonight and tomorrow night."

Like the me, my tears was a much lower. There was no danger for her voice has left on itself. The mark is show to — the lady today says that was like no other, that more than tears and hope is —

around to with their heart. Happy second "birthday" in heaven, Miss. The angels must be giving you roses because I can hear you louder and than —

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ALI MALL CINEMAS


<p>1 DARK WATER 12:30 - 2:30 / 4:30 - 6:30 / 8:30 - 10:30</p> <p>2 BLADE OF THE ROSE 12:30 - 2:30 / 4:30 - 6:30 / 8:30 - 10:30</p> <p>3 LAND OF THE DEAD 12:30 - 2:30 / 4:30 - 6:30 / 8:30 - 10:30</p>	<p>4 A SOUND OF Thunder 12:30 - 2:30 / 4:30 - 6:30 / 8:30 - 10:30</p> <p>5 LOWESTRUCK 12:30 - 2:30 / 4:30 - 6:30 / 8:30 - 10:30</p>
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ALL TIME LEADER	ALL TIME LEADER	ALL TIME LEADER
STURGEON-GUNN	LONGSTAY TANK	THE CASE
THURSDAY AT 11:30PM	RECORDED	CONCEIVED ON Thursday night
70 MINUTES	RECORDED	WED 6:30P
CO-MINGLES NARR	123 MINUTES	WED 7:11P
WALLEY	CONCEPTS	CONCEIVED WED
LOUIS TRUCK	DET HOUR	WED 10:45P-11:30PM
WED 6:30P	THE CASE	
A HOUSE OF THUNDER	RECORDED	
LONGSTAY TANK	120-170	
		THE CASE
		LOUIS TRUCK
		WED 6:30P
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Suspected kidnap gang leader nabbed in Antipolo

CHIEF NICHOLAS LIM, leader of the alleged leader of the suspected kidnap gang believed to be behind the abduction and murder of Chinese businessman in Antipolo City, was arrested in Antipolo City early this morning.

Chief Asst. Justice Venancio C. Reyes, Jr. of the Regional Trial Court (RTC) in Antipolo City (Antipolo City) said, identified the suspect as Nicholas Lim, 40 years old, a native of Asia, Leyte, who is arrested by Philippine police.

Reyes said Lim was arrested in the act of meeting kidnapers of the National Kidnaping Gang (NKG) in a private house in Antipolo City.

Lim was arrested in the act of meeting kidnapers in a private house in Antipolo City.

Reyes of the Regional Trial Court (RTC) in Antipolo City said, identified the suspect as Nicholas Lim, 40 years old, a native of Asia, Leyte, who is arrested by Philippine police.

The arrest of Lim is the first in a series of arrests of suspected kidnapers in the area.

Lim was arrested in the act of meeting kidnapers in a private house in Antipolo City.

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The police official added that the suspect also admitted to kidnapping and subsequent killing of a victim in the area.

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METROBRIEFS

Hardcore boom's corner

MANILA (AP) — The Philippine economy is showing signs of recovery, but the construction industry is still in a slump.



The Philippine economy is showing signs of recovery, but the construction industry is still in a slump.

EC photo ID deadline

MANILA (AP) — The Philippine government is urging citizens to provide their biometric data for identification purposes.

Call center helps tutors with English language lessons

By J. P. Yap

MANILA (AP) — For thousands of students, the only way to improve their English is through a call center.

Call centers may not give the right push that Philippine schools need to help better English language learning.

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Detainees' group hails 13 human rights defenders

By J. P. Yap



DETAINEE

IF THE PHILIPPINE GOVERNMENT, THE LATEST statement of the group of 13 human rights defenders.

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Carjackers still on the loose

IT'S BEEN MORE THAN TWO YEARS SINCE the carjacking crime wave in the Philippines subsided.

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ON TARGET



Carjacker

don't get the carjacker who has been arrested.

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SPORTS

RP Amateur under way; Pagunsan favored anew

By Phoebe R. Castillo

MANILA, PHIL.—THE 2005 RP AMATEUR CHAMPIONSHIP, a premier event for amateur athletes, is set to begin in Manila today.

A five-month event from August 2005, the country's foremost amateur sports has been held for the first time that has changed from three years when it was open only to athletes from the Philippines but as well as a sprouting of international stars in the 19th staging of the Philippine Amateur Championship.

The tournament has 100 invited and 27-year-old son of former Olympic medalist, and has years of experience in various international tournaments who is held



PAGUNSAN

"I want to see my game play out every time this comes around. Supercharge to see that year."

Pagunsan has been back to the scene in some years ago.

Among the invited to the 2005 RP Amateur Championship, the 19th staging of the tournament, were former Olympic medalist Michael Smith, former amateur medalist Michael Smith, and 2004 Olympic medalist Michael Smith.

The biggest draw in Pagunsan, however, are the 100 invited and 27-year-old son of former Olympic medalist, and has years of experience in various international tournaments who is held

Manila in a sprawling 10-day event. The 2005 RP Amateur Championship is set to begin in Manila today. The 19th staging of the tournament has 100 invited and 27-year-old son of former Olympic medalist, and has years of experience in various international tournaments who is held

Americans hungry as ever for a UAAP cage crown

By Justine W. Papp

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Americans regain Presidents Cup

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Greece clinches Euro title

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Alonso F1 champ at 24

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GCAP derby backs off at San Juan Coliseum

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Stag festival dated at Religion Oct. 11

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NUTRITIONAL medicine
for health /C4

LIFE STYLE

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or write to: Life, Philippine Daily Inquirer, Inc.

Editor: Clelio Ranao-Fernandez

MONDAY ARTS & BOOKS • TUESDAY FITNESS • WEDNESDAY 2BU • THURSDAY FOOD • FRIDAY FASHION & BEAUTY

What type of overeater are you?

A TRIGGER FOOD SETS OFF overeating. It is specific to each person. Chocolate candy might be your trigger food while pizza might prompt your best friend to forget moderation.

According to psychologist Stephen Gullo, the brain defines against trigger foods it cannot eat more now. These foods are so tempting and tempting to you that you cannot allow yourself even a small portion because you can't control yourself.

As Gullo says, "If you don't begin, you don't have a problem." Trigger behavior, meanwhile, are eating patterns that are "bored and often at least somewhat habitual" patterns that lead to the repeated state of the trigger foods that make you fat."

WELL AND GOOD



Food habit

In his book, "Dietary Behavior," Gullo lists five types of trigger behavior and what you should avoid them.

Picker

If you are a picker, you are not alone. Gullo says 10 percent of his clients have trigger foods of any kind. They eat countless thousands of calories without realizing it. He says, "When people have gained weight from what they eat before, after and in between meals they know what their common-sense food is."

Pickers tend to control their diet by eating small, frequent meals. They are not alone in some of the ways.

• Don't eat while standing up because it means you are not paying attention to what you are eating, which leads to overeating.

• Don't eat while reading. There is a big difference between reading the food and eating half of what you cook. It is in the kitchen only for cooking, then hang out there if you are a picker.

• Don't eat while on the phone. But only if

it's true, but you are not conscious of what you are eating.

• Eat only food that requires the use of utensils. If trigger food is your problem, it's a choice to eat or not.

• Use your non-dominant hand to pick up trigger food as a reward. Gullo recommends keeping a drink in your dominant hand as you will have to use your other hand.

• In restaurants, Gullo of the hotel bar. Pickers can automatically consume more calories while waiting for the main course. Gullo suggests having the barbers removed or asking your companions to keep it on their side of the table.

Prowler

Pickers and Prowlers have a lot in common, except that Prowlers never sit down for a meal. They go through the day claiming they don't have time to eat or they don't have any eating time by prowling for their food.

Gullo says the tips for Prowlers work also for Pickers.

• Don't skip meals. Eat real food, not snack food all day long.

• Sit down while eating. Gullo says, "It must be a meal if I'm eating the rice, or at a dinner, or at a party or on the way to work."

• Focus on your meal. Don't eat while doing something else like watching television or trying to finish your work.

• Beware of the 15-minute problem. Gullo says Prowlers can meet with the first 15 minutes when they arrive home, at a party or a restaurant. It is better the meal had to be eaten that many calories are consumed unknowingly.

Finisher

Gullo says Finishers belong to the "youth plan" club. He describes Finishers as people who still have their mother's words: "It's not a waste of food," "Think of the starving children in China," and "Always get what you pay for."

Gullo says childhood attitudes need to be addressed and challenged for Finishers to change their behavior. But two practical tips can help.

• Don't overeat any more. If it's not your plan, you will feel obligated to eat it.

• Eat more slowly. You will be satisfied with less and still have the time to eat a "good" plan for finishing your food.



Hoarder

Hoarders are the opposite of Pickers and Prowlers, according to Gullo. They eat as if they are on an incentive plan. They hoard on doing the day's shopping needs and ignoring the hunger signals from their body, but at night, they eat all the calories and sleep because they are so tired.

Gullo recommends that Hoarders stick to a food meal schedule to spread their calories around.

Food Therapist

Hoarded eating, Food Therapies are to recognize both emotions, positive or negative. When they are happy, they eat. When they are sad, they eat. When they are bored, they eat. Gullo gives it this way: "When the going gets tough, they eat."

For these people, food is the only substance of comfort they are used to with their emotions.

PHOTO: C1





FACT's James Arnesen-Vicla, Barbara Arnesen and John Lee



enJOYING drinks: new lounge are P&G's James Green, Barry Pineda, Joy-Dee Cruz, Francisco Tugarte-IV and Nelly Ong



P&G's Thane de la Cruz, P&G's manager for office services, corporate communications department, Russ Balawing and Alfred Balawing

We say 'Mabuhay' for a fantastic job

FOR PHILIPPINE AIRLINES, all a major flight of its airport lounge for business travelers also looks for a place where they can relax for a few hours, perhaps, while waiting for their flight.

P&G's fantastic job that almost blew my socks off as my husband is to a lounge, with superbly stocked place equipped with the latest in technology, perhaps, it's an oasis of calm and efficiency amid the hectic and hectic of the airport.

The Philippine Airlines lounge is located, overlooking Terminal 2 near domestic terminal, and is a beautiful and sophisticated lounge, with a great design, a great view, and a great service.

The lounge was built by a team of young, talented designers, including James Arnesen-Vicla, Barbara Arnesen, and John Lee.

The lounge is a great place to relax, with a great view, a great service, and a great design.

Without batting an eyelash, the lounge is a great place to relax, with a great view, a great service, and a great design.

Arnesen-Vicla, Barbara Arnesen, and John Lee are the designers of the lounge.

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PHILIPPINE Airlines lounge. DOT executive Ben Arnesen, Travel Secretary Joseph Duran, NIA CHM James Green, P&G's James Arnesen, P&G's manager for office services, corporate communications department, Russ Balawing and Alfred Balawing

and a great service. It will give a great view, a great service, and a great design.

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P&G president James L. Arnesen, P&G's manager for office services, corporate communications department, Russ Balawing and Alfred Balawing



P&G's manager for office services, corporate communications department, Russ Balawing and Alfred Balawing



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P&G's manager for office services, corporate communications department, Russ Balawing and Alfred Balawing

most important for guys and gals with the perfect big 'T' motion technology of an actual club.

Being a woman (and a man) of fashion, it was interesting to find out that, with the new technology of motion technology, the new big 'T' has been doing off better in some ways than the old one. It's a new technology, but it's a new technology.

This is due to the small part to the new technology and people's understanding that, the big 'T' has been doing off better in some ways than the old one. It's a new technology, but it's a new technology.

We were among the lucky ones who were able to see a new special edition of the new big 'T' has been doing off better in some ways than the old one. It's a new technology, but it's a new technology.

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WITHOUT BATTLING AN EYELASH, Arnesen-Vicla, Barbara Arnesen, and John Lee are the designers of the lounge.



P&G's manager for office services, corporate communications department, Russ Balawing and Alfred Balawing



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THE NEW lounge, P&G's manager for office services, corporate communications department, Russ Balawing and Alfred Balawing



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P&G's manager for office services, corporate communications department, Russ Balawing and Alfred Balawing

Invisible causes of illness

INNER AWARENESS

Andrew T. Liccardo



creatures inhabiting the place.

There are, of course, many causes of illness or the recovery of illnesses. But if we cannot find a rational or scientific explanation for it, we have to look elsewhere for a possible explanation. And one possible explanation, although hard to believe, is "the intervention of the gods."

"Surely you don't expect me to believe such nonsense!" one business executive told me. "Of course, I don't," I replied, "but I told him anyway because he asked for my opinion. I didn't know he was a member of a highly conservative but militant fundamentalist Christian organization that did not believe in spirits, paranormal phenomena or psychic powers."

But when I was talking about this question of belief to him, he said, "I believe in the power of the mind to change the world." I was not sure what he meant by that. I was not sure what he meant by that. I was not sure what he meant by that.

But he was not sure what he meant by that. I was not sure what he meant by that. I was not sure what he meant by that. I was not sure what he meant by that.

"No," he replied, "he said, 'I believe in the power of the mind to change the world.' I was not sure what he meant by that. I was not sure what he meant by that. I was not sure what he meant by that."

garden, I noticed a big mound of earth. Thinking it was a tomato can, I stepped on it completely, immediately after this, I developed a severe case of my body. They were fully and had nothing. I went from one doctor to another and they prescribed all sorts of medications, but nothing worked. I had this condition for two months.

"One day, I took a vacation from my home practice. I was in my garden and I was not sure what he meant by that. I was not sure what he meant by that. I was not sure what he meant by that."

"The intervention of the gods?" he asked. "I believe in the power of the mind to change the world." I was not sure what he meant by that. I was not sure what he meant by that. I was not sure what he meant by that."

either were that complex and were not.

The man who told me this was a well-known former bank president and now a government official. He told me not to reveal his name but that others might consider him naive for believing in such things as divinity and healing spirits. But I told him that was not a question of belief but of fact. Negative spirits could only cause harm.

Correction: In last week's column, the passage "You cannot see your spirit body with her hands" should have read "you cannot see your spirit body with her hands."

Next: I will be conducting a two-day Inner Mind Development Seminar (Oct. 24-25 at North West Coast, Mission Creek, Ariz., Angeles City, International Center, near Mission Hill, 444-0017, 444-0017).

Next week: Effects of Asperger's syndrome on health.

What type of overeater are you?

By Margaret M.

Food therapists need to find one final way to combat themselves—a message, talking to a friend, asking for support, or listening to me. Food therapists need also need a food therapist to help them deal with their emotional needs.

Selfies, notes, "Calories cannot make you happy. Food cannot create positive emotions. Food will not teach you new skills or deal with

stress. It will not repair your relationships. Instead, it will block your development and make you dependent on an external substance to cope."

If you eat, too long or too often, you will never achieve a stable weight. Your weight will change as often as your emotions do. And any diet—as many have found—will be as futile as trying to build a castle in the sand. It will be

worn away with the next wave of emotion.

Note: The 2nd Philippine Dieting Conference will be held at the Ateneo de Manila University, Quezon City, on Oct. 2, 2008. Call 434-0017 or 434-0017. E-mail: gpc_philippines@ateneo.edu or visit www.dietingconference.com.

Visit www.dietingconference.com.

EXERCISE OF THE WEEK

Bend and stretch on mini ball



This exercise strengthens the abdominal muscles and the quadriceps muscles in the front of the thighs.

Equipment:

Exercise mat and mini ball.

Exercise technique:

1. Sit on the ball with your feet flat on the floor. Bend your knees slightly, feet flat on the floor. Support yourself with your hands behind you.
2. Tighten your abs and raise your torso until your torso is parallel to the floor. This is the starting position.
3. Extend your legs by contracting the front of the thighs and by tightening and stabilizing the abs.
4. Return to the starting position.
5. Do the desired number of repetitions.

Performance tips:

1. Rotate as you tighten the legs, in both as you bend the torso.
2. Keep the shoulders relaxed and away from the neck.
3. The quadriceps should feel tension in the advanced exercises.
4. Beginners: Do only step one, lean back and keep your feet on the floor. This is enough of a challenge for your abs.
5. Intermediate: Do steps one and two. Lift and lower the torso without straightening the legs.
6. Repetitions: Do 10 repetitions.

Always receiving blurred E-MAIL?



Makuti Eye Laser Center introduces Laser Vision Correction and Non-laser CK for reading.

With US FDA approved Presbyopia treatments using the latest and most advanced VISX, for laser and Non-laser CK.

Can you imagine not having to reach for your glasses every time you want to sign a document, view your text messages, or read your e-mail?

For a FREE consultation, just call and/or bring free of charge! (FREE) occurring until September 30, 2009.



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Good health through nutritional medicine

MOST PEOPLE ENJOY GENERALly good health, but others do not realize their health status is below average.

But it's never too late to reverse the situation.

Nutritional power

It was so easy to attain good health in through nutritional medicine, before, the general attitude was to get the right nutrients from food without any vitamin supplements. But now, since people still think nutrients are bad for the body or just a waste of money, this was.

The reason why supplementation is recommended by physicians today is because of the poor quality of modern life. The typical/normal diet consists of large quantities of protein, fat and carbohydrates. Plus high levels of salt and sugar.

More and more people today are eating

Inside Out

Cory (Melvin)



low and low-vegetables and fruits. The following graph gives you an idea of the amounts of food needed to pump into your system the required vitamins and minerals.

Vitamins (400 IU)	Vitamins (1,000 IU)
22 lemons each day	22 large eggs, yolks
22 beef tenderloins	22 fortified milk
80 avocados	80 blueberries
210 walnuts each day	11 or 12 shrimp
22 or 23 whole grains	
1.2 lb of carrots	
Vitamins (2,000 IU)	Vitamins (4,000 IU)
11 beef liver	41 bananas
14 oranges	22 walnuts (noted: potassium with skin)
100 apples	22 cucumbers
100 or 120 orange juice	22 fish (cod, salmon)
110 one banana	10 or 12 whole grains

This is just for starters. But this does not lessen the importance of a healthy eating program.

- 3-4 servings of vegetables/fruits
- 6-12 glasses of water
- grains (rice, grains, cereals)
- carbohydrates, protein, fat

Did you know?

- The process of making white flour that removes the germ from the outer portion of the grain leaves by 90 percent the magnesium in flour.
- Most processing removes 10-70 percent of vitamins B6.
- Cold storage removes 60 percent of vitamin C in tomatoes.
- Heating vegetables like cruciferous results in the loss of 50 percent of the vitamin C.
- Freshly cut whole fruits lose approximately 50 percent of their nutritional value of vitamins in less than three hours.
- Vitamin C is sensitive to heat and will be destroyed through cooking.
- Freezing destroys more than 50 percent of most's vitamins.

Best Food list

- Best protein and fat come from eggs, fish and vegetable oils, avocados, olive oil, corn, beans, soy, virgin coconut oil. They contain less than 10 percent cholesterol levels.
- Best carbohydrates are those whole grains and vegetables. An apple is considered better than apple juice. Avoid all processed foods.
- The most best protein and fat sources are cold-water fish like salmon, mackerel, tuna, sardines. Vets from their diet can reduce inflammation in the body (the cause of disease).
- Best fat protein comes from food. The fat of the food is found on top and not in the meat. Though it is somewhat saturated fat, it can remove the cholesterol from the blood.
- Worst fat is from oil, meat and dairy products. If you will eat meat, get the leanest cut of all. If you take eggs, it's organic.
- It is said if you follow this food guide, instead of accumulating the release of insulin, the body releases glucagon that can fat, lower blood pressure, decrease triglycerides and LDL (bad) cholesterol and raise HDL (good) cholesterol.

Best diet plan

- If you eat healthy, a generous dose of antioxidants strengthens the defense against disease. The antioxidants come mostly from so many consisting of vitamins C, E, S, E and A, and beta-carotene as well as CoQ10, alpha-lipoic acid, lipoic acid, glutathione, grape seed extract, selenium and zinc.
- Studies have shown that these nutrients can heal and even improve a serious health condition. Optimize your body's natural defense system. Take a long hard look at your health today. Then take charge by making a goal.

Best relax food

- In a cup of warm water, blend rose and lavender oils. Close your eyes. Play meditation music. Forget your worries.
- Affirmation: "Today and always, I take charge of my body, my heart and my spirit. And so it is."
- Sleep and light.

Agnesma "White Star Inside Diamond" Essay about Nutritional Medicine May be Killing Us," by Roy D. Brand, MD, with Dennis D. B.